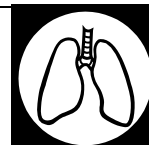


Asthma Patient Education Materials

Order form



Living Well with Asthma

This six paneled brochure covers taking medications, using an inhaler, reducing indoor triggers, avoiding outdoor triggers, staying active, and peak flow monitoring. The content is aimed at adult audiences.

_____ 30 copies

All about Asthma/Asthma and Your Child

This two sided "flip book" has information for children with asthma on one side and their parents on the other. The children's section includes puzzles and games about asthma alongside educational information. The parent's section covers asthma basics, medications, and triggers.

[Click here to view the booklet cover](#)

_____ 30 copies

Asthma: A Self Care Guide

This 32-page workbook is designed to help adult patients develop and achieve self management goals. The workbook includes space to develop an asthma action plan, maintain a symptom diary, and create an exercise plan.

[Click here to view the workbook cover](#)

_____ 30 copies

My Asthma Wallet Card

This pocket sized wallet card has space to write a patient's long term and quick relief medicines, peak flow numbers, doctor's name and telephone number, and emergency contact information. It also lists the warning signs of an asthma attack. This is a great tool to help patients stay attuned to their important asthma related information.

[Click here to see the wallet card](#)

_____ 30 copies

Please send the materials I have requested to the following address:

To place your order, mail this form to: Katie Loveland, MPH, MSW, Montana Asthma Control Program, PO Box 202951, Helena, MT 59620-2951; or fax to: 406-444-7465; or submit via e-mail below

Links to free, printable online resources for patients with asthma:

[Information on using inhalers and spacers \(for teens\)](#)

[Oregon Asthma Resource Bank \(various ages\)](#)

[Asthma triggers at home \(for parents\)](#)

[Parental Guide \(for parents of younger children\)](#)

